

### Outline

### LIST OF KEY CONCEPTS

- What is Coronavirus Disease 2019 (COVID-19) and how is it spread?
- Vulnerable Populations
- COVID-19 Exposure: What To Do
- Symptoms & Testing
- Ways To Prevent the Spread of COVID-19
- Stress and Coping
- Additional Resources



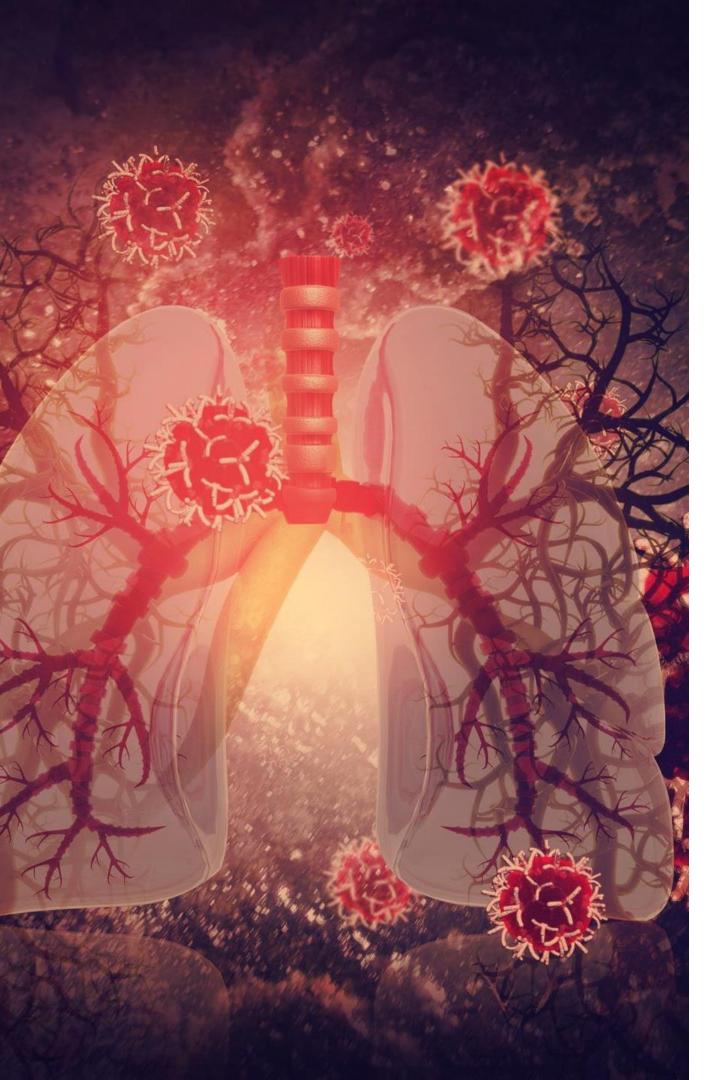


## What is a novel coronovirus (COVID-19)?

### A NEW DISEASE

A new coronavirus that has not been previously identified or seen in humans. This is a disease that is causing the 2019 novel coronvirus outbreak, identified in Wuhan, China. The new name is coronavirus disease 2019, abbreviated **COVID-19**. **CO**- Corona, **VI**- Virus, **D**- Disease.





### How is COVID-19spread?

### PERSON-TO-PERSON

- Through respiratory droplets when someone coughs, sneezes, or talks.
- Between people who are in close contact with another (6 feet).
- Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Can be spread by people showing no symptoms.





## How is COVID-19spread? TOUCHING SURFACES OR OBJECTS

- Touching a surface that has the virus and then touching mouth, nose or eyes.
- Small number of pets worldwide reported to be infected after being in close contact with people with COVID-19.
- Please Note: touching surfaces, objects or animals are not thought to be the **main** ways COVID-19 spreads. Research is still being done to learn more, but it is good to take precaution.



### TOTAL CASES AND DEATHS INTHE UNITED STATES

# 7.89 Million Cases 216k Deaths

Updated October 14, 2020: Click below for current data: CDC COVID Data Tracker



### TOTAL CASES AND DEATHS IN ARKANSAS

## 95,246 Cases

## 1,634 Deaths

Updated October 14, 2020. Click below for current data: HealthyArkansasCovidNumbers





# Vulnerable Populations

- Older Adults
- People with Medical Conditions
- Racial & Ethnic Minority Groups
- People Experiencing Homelessness
- People with Disabilities
- People with Developmental and Behavioral Disorders







### What To Do

If you've been exposed to someone who tested positive, get tested.

#### Once you've been tested:

- If you have symptoms, isolate yourself at home until your test results come back.
- If you have a known exposure but no symptoms, self-quarantine at home until 14 days have passed since your exposure, even if your results come back negative.
- If you have no known exposures or symptoms, you may resume normal activity while taking precautions like physical distancing, wearing a face covering when you go out, and frequent handwashing.

